

**The listing of claims presented below replaces all prior versions and listings of claims in the application.**

**Listing of Claims**

Claims 1-27 (cancelled)

28. (Currently amended) A method for improving physical work capacity of a human subject without a detectable change in plasma IGF-I concentration said method comprising ingestion of a colostrum fraction prepared by a process ~~comprising-~~ consisting of the steps of:

(a) subjecting colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate comprising colostrum derived growth factors and casein retained after ultrafiltration followed by and

(b) subjecting the colostrum retentate fraction to a spray drying process to obtain a colostrum fraction; and wherein after ingestion of the colostrum fraction one or more of endurance, ability to do more exercise, fatigue and recovery from exercise is improved.

29. (Currently amended) The method according to claim 28, wherein after the ultrafiltration in step a) the colostrum fraction is subject to centrifugation to reduce bacteria is prepared by a process which further includes the step of bacterial reduction utilizing centrifugation.

30. (Previously presented) The method according to claim 29, wherein the step of bacterial reduction utilizes flow-through centrifugation.
31. (Previously presented) The method according to claim 30, wherein throughput and residence time of the colostrum fraction is controlled during the centrifugation.
32. (Previously presented) The method according to claim 29, wherein the centrifugation is undertaken at a temperature less than 72°C.
33. (Previously presented) The method according to claim 32, wherein the centrifugation is undertaken at a temperature less than 64°C.
34. (Previously presented) The method according to claim 28, wherein the process further includes heating the colostrum fraction to a temperature less than 72°C.
35. (Previously presented) The method according to claim 34, wherein the process further includes heating the colostrum fraction to a temperature less than 64°C.
36. (Previously presented) The method according to claim 28, wherein the colostrum fraction includes IGF-I.
37. (Previously presented) The method according to claim 28, wherein at least 0.5g/kg/day of said colostrum fraction is ingested.

38. (Previously presented) The method according to claim 28, wherein from 1 to 10 g/kg/day of said colostrum fraction is ingested.

39. (Previously presented) The method according to claim 28, wherein the colostrum fraction is ingested daily over a period of at least 4 weeks.

Claims 40-45 (canceled).

46. (Previously presented) The method according to claim 28, wherein the physical improvement in work capacity includes the capacity to increase exercise performance selected from the group consisting of running, walking, jumping, sprinting, knee extensions, knee flexions, squatting, lifting, kicking and resisted and non-resisted exercises.

Claims 47-74 (canceled).

75. (Previously presented) The method according to claim 28, wherein improvement in the physical work capacity of the subject is monitored by at least one of the testing procedures selected from the group consisting of body mass and stature, resting blood pressure, thigh and calf girths, fat mass and fat free mass, blood sampling and determination of serum creatine kinase concentrations.